

**MOTION BY SUPERVISOR YVONNE B. BURKE**

**MAY 17, 2005**

Childhood and adult obesity has become an epidemic in this country, with the rates of childhood obesity more than tripling since the early 1980's and adult obesity at all time highs. The health effects of obesity are devastating, with Type II diabetes, heart disease, high blood pressure and associated illnesses increasing as a result of this crisis.

Our Department of Parks and Recreation has assumed a leadership role in combating this problem in Los Angeles County. The Department's Healthy Parks initiative is tackling this problem at the community level, through fitness programs, educational programs and special events all designed to educate the community regarding the importance of fitness and nutrition.

A key component to addressing childhood obesity, however, is involving the entire family in making our children healthier. Parents and other guardians play a key role in developing and maintaining a healthy lifestyle for children. Therefore, a comprehensive family-based program that actively involves parents or guardians in

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protecting and promoting the health of their children is central to taking the Healthy Parks initiative to the next level.

Currently, Parks and Recreation is preparing applications to the Department of Children and Family Services to fund a pilot program, the "Family Fitness Program," throughout the County which will develop and implement a family-based health and fitness program and track the outcomes of the program in improving the health and well being of enrolled families. Parks and Recreation will be partnering with the Department of Health Services' Public Health to monitor the progress of families that enroll in the program, to refer families to other services that may be required to strengthen and support the families, and to document the progress of families in improving their health.

As part of the application process, Parks and Recreation must submit resolutions from this Board for each SPA for which they are submitting an application. This pilot program could become a model nationwide and is important model for our County in showing how County departments working cooperatively can fulfill the County's mission to Enrich Lives through Caring and Effective Service.

**THEREFORE, I MOVE THAT THIS BOARD:**

Adopt the attached resolutions supporting the Department of Parks and Recreations submission of applications to the Department of Children and Family Services under the Federal Family Support Program for the Family Fitness Program in Service Planning Area Nos. 1, 2, 3, 6, 7 and 8.

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